

Patient Name: \_\_\_\_\_ Unit : \_\_\_\_\_

## Breakfast Tomorrow

### Circle up to 2 Entrees

Scrambled Eggs  
Egg and Cheese Sandwich  
Two Pancakes with syrup

### Circle up to 3 Sides

Cream of Wheat      Fruit Loops  
Cheerios      Raisin Bran  
  
Hashbrown Patty  
Pork Sausage Link      Bacon  
Cinnamon Coffee Cake  
Banana Bread  
Toast: White or Wheat

### Circle up to 2

Banana      Vanilla Yogurt  
Apple Slices      Strawberry Chobani Yogurt

### Beverages (limit 3 drinks per meal)

Orange Juice   Apple Juice   Prune Juice  
  
Skim Milk      1% Milk      Chocolate Milk  
  
Hot Tea      Iced Tea

### Condiments (circle all needed for meal)

Sugar      Splenda      Creamer  
Butter      Margarine      Peanut Butter  
Jelly      Sugar Free Jelly      Brown Sugar  
Salt      Pepper      Salt Free Seasoning  
Ketchup      Syrup      Sugar Free Syrup  
Hot Sauce      Nutella

## Lunch Tomorrow

### Circle up to 1 Entree

Cheese Pizza  
Deli Turkey Sandwich on Wheat (toppings below)  
Spaghetti & Meat Sauce (Parmesan Cheese)

### Circle up to 3 Sides

Cottage Cheese      Pasta Salad  
French Fries      Potato Chips  
Mixed Vegetables  
Mixed Greens Salad  
  
                         -Ranch      -Fat Free Ranch  
                         -Balsamic dressing      -French  
Applesauce      Banana

### Circle up to 1 Dessert

Chocolate Chip Cookie      Lemon Italian Ice

### Beverages (limit 3 drinks per meal)

Skim Milk      1% Milk      Chocolate Milk  
  
Hot Tea      Iced Tea

### Condiments (circle all needed for meal)

Sugar      Splenda      Creamer  
Butter      Margarine      Peanut Butter  
Jelly      Sugar Free Jelly      Salt      Pepper  
Salt Free Seasoning      Mayo      Mustard  
Ketchup      BBQ Sauce      Tartar Sauce  
Hot Sauce      Nutella      Soy Sauce

### Sandwich Toppings:

Lettuce      Tomato      Onion      Pickle

## Dinner Tomorrow

### Circle up to 1 Entree

BBQ Pulled Pork with Mac & Cheese  
Enchilada Casserole (sour cream, pico de gallo)  
Marinated Chicken Breast

### Circle up to 3 Sides

Coleslaw      Baked Potato Soup  
Dinner Roll      Steamed Rice  
Mashed Potatoes (Beef or Chicken Gravy)  
Mixed Vegetable      Green Beans  
Mixed Greens Salad  
  
                         -Ranch      -Fat Free Ranch  
                         -Balsamic dressing      -French  
Diced Peaches      Apple Slices

### Circle up to 1 Dessert

Chocolate Brownie      Chocolate Chip Cookie

### Beverages (limit 3 drinks per meal)

Skim Milk      1% Milk      Chocolate Milk  
  
Hot Tea      Iced Tea

### Condiments (circle all needed for meal)

Sugar      Splenda      Creamer  
Butter      Margarine      Peanut Butter  
Jelly      Sugar Free Jelly      Salt      Pepper  
Salt Free Seasoning      Mayo      Mustard  
Ketchup      BBQ Sauce      Nutella  
Soy Sauce      Hot Sauce      Crackers

### Sandwich Toppings:

Lettuce      Tomato      Onion      Pickle

Sunday Meal Selections

(Week A Day 1)